

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



WARTIME PORK RECIPES

IMPORTANT! HOW TO ORDER

All mats shown are free and may be ordered from your meat salesman or by writing to American Meat Institute, 59 E. Van Buren St., Chicago. **Be sure to order by form number** shown under each mat. Get your newspaper or printer to run off a quantity of proofs of mats you order. You can paste these proofs in layouts as you make them up. Additional copies of this catalog are available.



BRAISED PORK LIVER

and Bacon

1 lb. pork liver ½ lb. bacon

Pan-broil the bacon. Season and dredge the liver with flour and brown in ¼ cup of bacon drippings. After browning add 2 tablespoons of catch-up to ¼ cup of water and simmer until tender. Serve on a hot platter.

Serves 4.

SERVE WITH
Escalloped Tomatoes
Baked Potatoes

There is good nutrition in any cut of meat

Order NC-184



Pineapple Stuffed PORK CHOPS

4 double-thick pork rib chops ¼ teaspoon salt ¼ teaspoon pepper
Dressing: 1 cup dry bread crumbs 1 egg 2 tablespoons pineapple juice 3 slices or ½ cup crushed pineapple (drained) 2 tablespoons butter ¼ teaspoon salt

Have chops cut double thickness and pocketed for stuffing on bone side of chop. Rub inside and out with salt. Make dressing by mixing crumbs, pineapple, juice, seasonings, celery, beaten egg and melted butter. Pack into pockets in chops. Place chops on rack in roasting pan, sprinkle with salt and pepper and place in 350° F. oven for 1½ hrs. **Serves 4.**

SERVE WITH
Glazed Carrots
Green Beans

Order NC-185



ROAST FRESH HAM

Fresh whole or half ham 1 cup brown sugar 1 teaspoon mustard Whole cloves

Lay the ham fat side up on a rack in an open roasting pan. Sprinkle cut surface with salt and pepper. Make incision and insert meat thermometer so that center of bulb reaches center of fleshiest part. (Bulb should not rest on fat or bone.) Place ham, uncovered, in moderate oven (350° F.) and roast until done. It will be done when thermometer registers 185° F. Allow about 30 min. per pound for roasting. When almost done, remove from oven, and take off rind (if not already removed). Score fat in diagonal lines, stick with whole cloves, rub surface with brown sugar-mustard mixture. Return to oven to finish roasting and to brown.

SERVE WITH
Steamed Broccoli
Mashed Sweet Potatoes

Order NC-186

PORK FEET and Greens

Wash the pork feet. Cover them with cold water and cook them at simmering temperature (do not boil) for about 2 or 3 hours, until tender. Season, and serve on hot platter with spinach or other greens.

SERVE WITH
Creamed Potatoes

Order NC-187

STEWED PORK HEARTS

with Rice Border

1½ lbs. pork hearts 1 stalk celery 2 tablespoons cubed onion 2 tablespoons flour 2 tablespoons cubed carrot ½ teaspoon salt 1 tablespoon vinegar

Wash hearts and remove all veins and tough fibers. Cut in small pieces and cover with water for 15 min. Drain; add boiling water to cover. Add cut carrot, onion and celery. Simmer gently 3-4 hrs. Mix flour and melted butter and stir into the hot stew. Add vinegar and salt, and stir until thickened. Serve with border of steamed rice. Sprinkle with chopped parsley. **Serves 4.**

SERVE WITH
Stewed Tomatoes
Cole Slaw

Order NC-188

PORK CHOPS Braised in Milk

4 loin end pork chops 1 teaspoon mustard Salt and pepper 1 can evaporated milk

Dip chops in flour and brown well on both sides in lard or meat drippings. Season with salt and pepper, add mustard in tiny dots to each chop and pour milk (undiluted) over meat. Cover and cook in 350° F. oven for 45-50 minutes. Serve on chop plate garnished with parsley or celery leaves. **Serves 4.**

SERVE WITH
Baked Sweet Potatoes
Cauliflower with Buttered Crumbs

Order NC-189

ROAST LOIN OF PORK

Have backbone loosened from ribs so that carving will be easy. Season with salt and pepper and place with the fat side up, bones down, in an open roasting pan. Make an incision and insert a meat thermometer so that the center of the bulb reaches the center of the fleshiest part of the meat. Put the roast in a moderate oven (350° F.) and cook without covering and without adding water. It will be done when the meat thermometer registers 185° F. Allow about 30 min. per lb. for roasting. Make a gravy from part of the drippings and season it with sage.

SERVE WITH
Applesauce
Spinach

Order NC-190

Pan-Broiled BONELESS PORK FEET

6 pork feet 2 quarts cold water 1 large carrot 1 medium onion 2 stalks celery Few sprigs parsley Salt 3 tablespoons whole mixed spices 3 stalks celery

Cover pork feet with cold water; add carrot, onion, celery, salt and spices; simmer gently about 3½ hrs. or until tender enough for bones to slip out. Drain, slip out bones and press into shape with hands. Place between two platters with a weight on top; let cool overnight. Separate; dip in melted butter; roll in fine bread crumbs. Let stand in refrigerator after patting well. Pan-broil on lightly greased skillet to a golden brown, turning frequently. Garnish with parsley. **Serves 4.**

SERVE WITH
Tomato Sauce
Braised Red Cabbage

Order NC-191

FRICASSEED PORK HEARTS

3-4 pork hearts 2 onions 1 cup diced carrots 1 cup canned tomatoes ½ cup hot water

Wash and clean hearts. Slice or chop the hearts into ½-inch pieces across the grain. Season. Roll in flour and brown in bacon fat, in a heavy kettle. Add sliced onions, tomatoes and hot water. Cook slowly, covered, on top of the stove for 2½ to 3 hours. Add carrots the last hour. Add more water from time to time if original amount cooks away. Thicken liquid for gravy. **Serves 4.**

SERVE WITH
Hominy
Buttered Beets

Order NC-192

PORK KNUCKLES and Sauerkraut

4 pork knuckles 2 quarts boiling water 3 teaspoons salt 1 quart sauerkraut

Place whole knuckles in boiling salted water. Cover and simmer until meat is tender, about 2½ to 3 hours. 20 minutes before serving, pour off most of water and add the sauerkraut. Let heat thoroughly. Serve the meat on a bed of sauerkraut. **Serves 4.**

SERVE WITH
Boiled Potatoes
Tomato Salad

Order NC-193

PORK KIDNEY STEW

1 lb. pork kidneys 3 cups water 2 onions, medium sized 2 tablespoons flour 1 teaspoon dry mustard 2 tablespoons butter or bacon drippings 1 teaspoon salt

Remove heavy veins from kidneys. Cube kidneys and soak 1 hr. in cold salted water. Drain; add fresh cold water; bring to boiling point. Drain; add 3 c. cold water. Bring to boiling point, skim, add sliced onions and seasonings. Simmer about 1 hr. until kidneys are tender. Brown flour in fat and gradually add kidneys and stock, stirring constantly. Cook slowly about 15 minutes. **Serves 4.**

SERVE WITH
Boiled Rice or Mashed Potatoes
Green Salad

Order NC-194

BAKED PORK FEET

Barely cover the pork feet with cold salted water. Heat to boiling point and simmer until tender. Arrange on a greased baking sheet and bake in a hot oven (450° F.) until browned.

SERVE WITH
Spinach
Macaroni and Cheese

Order NC-195

PORK LIVER LOAF

1½ lbs. pork liver 2½ cups soft bread crumbs 4 slices bacon 2 eggs ½ onion 2 teaspoons salt ¼ cup chopped parsley ¼ teaspoon pepper

Let slices of liver stand in hot water for 10 minutes and then grind with the onion and bacon. Add eggs, crumbs, parsley and seasonings and pack firmly into a loaf pan. Bake 1 hour at 350° F. **Makes 6-7 servings. May be sliced cold if desired.**

SERVE WITH
Creamed Potatoes
Broccoli

Order NC-196

COUNTRY "BOILED" DINNER

1½ lbs. pork neck bones ½ teaspoon pepper 8 onions 8 potatoes 1 tablespoon salt 8 carrots Small head of cabbage

Wipe the meat with a damp cloth. Cover with water and allow to simmer until tender, about 1½ hours. Season. Prepare vegetables and add carrots and onions whole. Cook fifteen minutes and add whole potatoes. Cook twenty minutes and add quartered cabbage. Cook until cabbage is done. **Serves 4.**

SERVE WITH
Green Salad
Hard Rolls Mustard Pickles

Order NC-197

PORK KIDNEYS and Scrambled Eggs

2 pork kidneys 2 tablespoons butter or bacon drippings 2 tablespoons flour 4 eggs 4 tablespoons milk or water

Cut kidneys in half, remove outer membrane and heavy veins. Soak 1 hr. in cold salted water. Drain; add fresh cold water; bring to boiling point. Drain; blanch under cold water. Cut into thin slices. Dust lightly with flour and cook very slowly in fat for thirty minutes. Season with paprika and salt. Beat the eggs and add the milk or water, salt and pepper. Cook in fat until done. Place scrambled eggs in center of platter with kidneys in border around them. **Serves 4.**

SERVE WITH
Toast
Coffee

Order NC-198

PORK TENDERLOIN CREOLE

1½ lbs. pork tenderloin 1 teaspoon salt 3 cups cubed potatoes 4 carrots 3 tablespoons flour 1 onion, sliced 3 tablespoons lard ½ green pepper, diced 2 cups tomatoes

Dredge meat with flour; brown in lard. Pour tomatoes over meat, add seasonings, onion, carrots and green pepper. Place in covered pan and cook in slow oven (325° F.) for 1 hour. **Serves 4.**

SERVE WITH
Mashed Potatoes
Green Beans

Order NC-199

PORK LIVER

with Spanish Sauce and Lima Beans

½ lb. pork liver 2 cups cooked lima beans Salt 1 cup diced carrots 1 small onion (Note: If dried lima beans are used, soak in water for 2 hours, then boil until tender.) 2 cups cooked tomatoes

Slice liver in ½-inch slices. Cut in 1-in. pieces. Season and dredge with flour. Brown sliced onion and liver in lard (or bacon drippings). Add tomatoes. Cover and cook slowly 20 to 30 minutes. Serve over the hot lima beans. **Serves 4.**

SERVE WITH
Cabbage and Carrot Salad with Lemon Dressing

Order NC-200

BACKBONES Farm Style

2½ lbs. country-style backbones ½ teaspoon poultry seasoning 1½ teaspoons salt

Brown country-style backbones. Add seasoning, cover and cook in a moderate oven (350° F.) for about 1½ to 2 hours or until well-done. Pork always requires thorough cooking at moderate temperature to bring out the full rich flavor. **Serves 4.**

SERVE WITH
Browned Potatoes
Apple and Celery Salad

Order NC-201

PORK BRAINS and Eggs

1 cup pork brains 2 tablespoons butter 3 eggs 1 teaspoon grated onion 2 tablespoons minced parsley 2 teaspoons salt 4 slices toast

Soak brains in cold salted water ½ hr. Skin and remove all fiber. Cut or chop into small pieces. Put into frying pan in which butter, onion and parsley have been heated. Stir until brains are cooked (10-12 min.). Add eggs beaten with 2 tablespoons cold water. Cook over moderate fire and stir until set. Season and serve on toast. Garnish with parsley. **Serves 4.**

SERVE WITH
Additional Toast
Coffee

Order NC-202

Celery Stuffed SPARERIBS

2 sides spareribs 1 onion chopped 3 cups soft bread cubes 1 cup celery chopped ½ cup diced salt pork ½ teaspoon salt ¼ teaspoon pepper

Fry the salt pork until crisp, then remove the pieces. Cook the onion in the fat for a few minutes, then add the crisp salt pork, celery and bread cubes. Season with salt and pepper. Spread one section of the spareribs with the dressing. Cover with the other section and sew or tie in place. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and bake, uncovered, in a 350° F. oven for 30 minutes to the lb. (about 2 hours). **Serves 8.**

SERVE WITH
Applesauce
Creamed Cabbage

Order NC-203

SPARERIBS and Sauerkraut

2 lbs. spare-ribs 1 quart sauerkraut ½ cup hot water

Place spareribs and water in covered pan. Simmer for 2 hours. Add sauerkraut, and cook for 15-20 minutes longer. **Serves 4.**

SERVE WITH
Boiled Potatoes in Jackets

Order NC-204

PORK TENDERLOIN Baked in Cream

Pork tenderloin, cut crosswise in 2-in. pieces 2 tablespoons lard or bacon drippings ½ cup light cream or top milk

Place each slice of pork tenderloin between pieces of waxed paper and flatten with wooden potato masher or mallet. Season with salt and pepper; sprinkle with flour, sauté in lard or bacon drippings until well browned. Place in baking dish. Add ½ cup light cream or top milk to drippings in pan, bring to a boil and pour over meat. Cover and simmer, or bake in moderate oven (350° F.) about ½ hour, or until tender. One large tenderloin will provide 6 pieces. Allow 1 to 2 pieces per portion.

SERVE WITH
Sweet Potatoes
Baked Apples

Order NC-205

FRIED PORK BRAINS

2 lbs. pork brains ½ c. flour 3 tbsp. fat Salt and pepper

Soak the brains in cold water. Remove membranes. Simmer very gently for 15 minutes in water to which 1 teaspoon salt and 1 tablespoon of vinegar have been added to each quart of water. Drain; chill in cold water. Drain. Season, roll in flour and fry in hot fat until nicely browned on both sides—about 15 minutes. **Serves 4.**

SERVE WITH
Tomato Sauce
Green Lima Beans

Order NC-206

BARBECUED SPARERIBS

2 lbs. pork spareribs 1 teaspoon Worcestershire sauce 1 onion ½ cup catchup ½ cup water ½ teaspoon chili powder

Cut ribs in pieces for serving. Place in baking dish. Slice onions over the top and add other ingredients. Cover and cook in a moderate oven (350° F.) about 2 hours. **Serves 4.**

SERVE WITH
Escalloped Potatoes
Lettuce with French Dressing

Order NC-207